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"One person, one community" - social workers build a "happiness support network" for rural elderly

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Abstract: The Rural Happy Home is a public welfare activity place sponsored and managed by the villagers' committee, which is based on providing comprehensive day care services such as dining services, life care, daytime rest, leisure and entertainment for the rural elderly, so as to improve the quality of life and happiness index of the rural elderly. Based on the social support theory, taking "one person, one society" as an example, this paper discusses the construction path and development content of rural happiness institute, with a view to adding new content to social work.

Key words: one person, one society; Social workers; Rural elderly; Happiness Support Network

Due to the scattered living conditions of the rural elderly and the fact that the young and middle-aged people in rural areas go out to work and there are many left behind elderly people, some elderly people have a lack of social support network. The existence of the Happy Home provides a service place that can rally the elderly and promote mutual support for the elderly. Social work professionals can participate in the operation and construction of the Happy Home and give full play to their professional advantages, Apply professional concepts and techniques related to social work to assist the rural elderly to build and improve their own social support network system, so as to promote the maximum benefit of the happiness hospital resources and the maximum extension of service functions. In the case of limited social work professionals, the elderly themselves are "superior assets" that cannot be ignored, The "one person, one community" service model for the elderly is a practical idea to give play to the needs of the elderly while meeting their needs.

According to the theory of social support, the larger the social support network a person has, the better he or she can cope with various challenges from the environment. "One person, one community" is a way for social workers to institutionalize, so that every elderly person visiting the happiness hospital can join and "belong" to a community based on interest. Through the media of "community", social workers fully connect and unite the elderly with different characteristics, needs and abilities, and build their own "happiness support network" for each elderly through the way of "one person, one community" to meet the needs of the elderly at different levels of "physical, mental, social and spiritual". "Happiness" support specifically includes the following five dimensions:

Interpersonal communication support - the "community" can play a "intermediary" role for the elderly who came to the happiness hospital alone at the early stage. In the process of joining the community, the elderly can naturally and smoothly interact with others, especially the

leaders and members of the community, and help them quickly integrate into the environment. At the same time, in the later stage, the community leaders can cultivate The services such as club activity display can also promote the cross interaction between the elderly in different clubs, and further expand the scope of interpersonal communication. In a word, the association will help the rural elderly form a new interpersonal ecology, from the original village acquaintances to the interactive relationship connected by interest, which makes the elderly's interpersonal interaction have the "organization" support.

Interest development support - social workers, when cultivating associations, combine the interest needs of different elderly people in the Happy Home, such as chess and cards, calligraphy, singing, dancing, playing ball, gardening, cooking, tea, etc., according to the idea of developing new associations by discovering new interests, constantly enrich the types of the elderly community, ensure that no one is left out of the community, and its diversity also determines that it can "absorb and accommodate" different elderly people, The same community can also cover the elderly with different levels of interest, such as those who are good at a certain field of interest, those who are not good at development, and those who are curious about learning. The "mandatory" requirements of "one person, one society" not only stimulate the development interest of the elderly, improve their own needs, but also provide the guarantee of team and coach for their development interest.

Physical care and support - Although the community starts from the same "interest", its function is not just interest. Its function covers multiple levels of needs of the elderly. One of its functions is that community members need to care for each other and provide care and support services within the capacity of the community. For example, community members can pay attention to the dynamics of members. If there are elderly people in the community who have "abnormal" laws of life or activities, The community can start care and support, provide health services for the elderly in the community, and let the elderly feel loved and cared for.

Emotional support - The club can regularly carry out internal theme exchange activities or group building activities, and group members can express themselves and understand others in sharing to obtain emotional care and support. In some league building activities, the contact of community members can naturally form a relationship and atmosphere of relative closeness, cooperation, mutual help and mutual support, thus promoting the emotional belonging of the elderly to the community and their trust and dependence on community members.

Value realization support - an association has a perfect organization structure, and seniors with different abilities can assume different roles in the association or social workers can assign roles based on seniors' expertise, such as the head of the association, deputy head of the association, secretary, propagandist, photographer, logistics personnel, and care committee members. Each person can play his or her own strong point and show himself or herself in the assigned group roles, Realize self value in serving others and mutual help.

In a word, "one person, one community" is to meet the "personality" needs of the rural elderly based on their "commonness". The main function of social workers is no longer "output service", but to identify needs, initiate associations, cultivate associations, refer objects, build platforms, promote the autonomous operation of associations, and build more "happiness support networks" for the elderly.